

Step up and down off the stage 10 times	Run the full length of the basketball court 2 times	Jump Rope 20 times
Complete 10 pushups	Do 10 triceps pushups on stage	Do a wall sit for 15 seconds
Jog 2 laps around the outside of the gym	Complete 10 sit-ups	Do a plank hold for 15 seconds

Tic -Tac -Toe

